

The Capitol Café Week OF March 2nd 2008

4 = Fit for Life Item

Complete catering guide
available to help make your
meetings a success.
Stop by the cashier & pick-up a
catering menu

Gift certificates available
throughout the year!!!



*"Beginning everyday
from scratch"*

A'viands

FOOD & SERVICES MANAGEMENT
FOOD SERVICE DIRECTOR
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All comments welcome!

**Taco Bar Served every
MON. & WED**

**Hot roast beef sandwich w/
mashed potatoes & gravy**

TUES. & THURS

Soup of the day

MONDAY
Chicken Noodle

TUESDAY
Knoephla

WEDNESDAY
Tomato

THURSDAY
Cheesy Chicken Tortilla

FRIDAY
Vegetable Beef

Open Monday thru Friday
7am to 4:30pm

Breakfast served Monday thru Friday
7am to 10:30am

Lunch served Monday thru Friday
10:30am to 1:30pm
Closed all weekends & holidays

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|---|--|--------|
| MONDAY | | |
| Breakfast Grill | Sausage, egg & cheese croissant | \$3.55 |
| Grille | Mediterranean Chicken sandwich w/ side of pasta salad 4 | \$4.50 |
| Market place Entrees | Chicken enchilada casserole w/ lettuce & tomatoes & side of Spanish rice | \$4.67 |
| World Flavors | Vegetable Cheese tortellini w/ side salad & garlic bread stick (Marinara) | \$4.99 |
| Grab and Go | ½ chicken fajita wrap w/c up of soup | \$3.25 |
| TUESDAY | | |
| Breakfast Grill | 2 pancakes, 2 bacon, order of toast | \$2.99 |
| Grille | Cajun chicken sandwich w/ side of fries | \$4.67 |
| Market place Entrees | Turkey ala king w/ vegetable & dinner roll | \$4.67 |
| World Flavors 4 | Island cobb salad w/ garlic bread stick | \$4.50 |
| Grab and Go | ½ turkey club wrap w/ cup of soup | \$3.25 |
| WEDNESDAY | | |
| Breakfast Grill | Rancher's special w/ side of toast | \$3.29 |
| Grille Dean foods M&W meats | Steak, cheese & mushroom sandwich w/ side of fries | \$5.50 |
| Market Place Cloverdale | Sausage & kraut w/ mashed potatoes, vegetable & dinner roll | \$4.67 |
| World Flavors Clover/ Dakota growers | Ham & potato hot dish w/ macaroni & cheese, vegetable & dinner roll | \$4.67 |
| Grab and go Lapps bakery | Assorted kuchen slices | \$2.99 |
| THURSDAY | | |
| Breakfast Grill | Biscuits & gravy w/ side sausage patty | \$3.05 |
| Grille 4 | Cup of vegetarian chili w/ grilled cheese & tomato sandwich | \$3.99 |
| Market Place Entrees | Spaghetti w/ meatballs, side salad & garlic bread stick | \$4.67 |
| World Flavors | Chicken tetrazinni w/ wild rice blend & side of garlic toast | \$4.99 |
| Grab and Go | Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup | \$3.25 |
| FRIDAY | | |
| Breakfast grill | Eggs Benedict w/ hollandaise sauce | \$3.99 |
| Grille | Chicken strip basket w/ fries & side of BBQ sauce | \$4.99 |
| Market Place Entrees | Hamburger & macaroni hot dish w/ vegetable & dinner roll | \$4.67 |
| World Flavors | Taco In a Bag (Doritos) | \$3.99 |
| Grab and Go | Soup (cup) & salad bar | \$4.20 |